

Group Fitness Schedule

HOWARD HUGHES

Effective December 3rd, 2010



SPECTRUM ATHLETIC CLUBS

Please access our Group Fitness Schedule
online at www.spectrumclubs.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 The Grind Chauncey Dennis	6:00-7:15 Vinyasa Yoga Flow II Josie Kramer	5:45-6:00 Abs Only Chauncey Dennis	6:00-7:00 Cycle ♦ Michele Wilkoff	6:00-7:00 On The Ball Stephanie Grimes no class 12/24 and 12/31	7:30-8:30 Cardio Dance Madeleine Landon	9:00-9:55 Cycle Plus Mika Sutch
8:30-9:00 The Bottom Half Jill Miller	9:00-10:00 Bar Blast Brandy Randolph	6:00-7:00 Hoops, Core, and Strength Noelle Geller	6:00-7:15 Vinyasa Yoga Flow Danielle Dumani	6:00-7:00 Cycle Christina Peck 12/24 & 12/31 class will be 8:00-9:00	7:45-9:00 Cycle Plus Jill Miller	9:00-10:00 La Tin-Va Dance Johnny V.
9:00-9:30 Upper Cuts Jill Miller	9:30-10:30 Aqua Claudine Cooper	6:00-7:00 The Grind 2 Chauncey Dennis	8:30-9:30 Power Pump Madeleine Landon	9:00-10:00 Aqua Geri Anderson	8:00-9:00 Tai Chi ★ Brian Mark	10:00-10:30 Abs & Yoga Flexibility Mika Sutch
9:00-10:00 Aqua Wendy Keenan	9:30-10:25 Cycle ♦ PK	8:30-9:00 Power Pump Express Madeleine Landon	9:30-10:30 Cycle Plus Marisa Stahl	9:00-10:00 Low Impact Victoria Samia	8:30-9:30 Afro Brazilian Beat Brandy Randolph	10:05-11:05 Step Challenge Angie Donaroma
9:30-10:30 Step & Stability Madeleine Landon	10:00-11:00 Power Pump Maria Tellarini	9:00-10:00 Aqua Jackie Zupsich	9:30-10:00 Yoga Strength & Flexibility Madeleine Landon	9:00-10:00 Step Challenge Stephanie Grimes	9:35-10:00 Hard Core Abs ♦ Julie Swift	10:15-11:10 Cycle ■ P.K.
9:30-10:30 Cycle Plus ♦ PK	10:30-11:00 Upper Cuts ♦ PK	9:00-10:00 Cardio Dance Madeleine Landon	10:00-11:00 Zumba Joanne Di Padua	10:00-11:00 On the Ball Stephanie Grimes	10:00-11:00 Bar Blast Jill Miller	11:05-12:05 Core, Strength & Stability Angie Donaroma
9:30-10:30 Get up & Groove Odelle	11:00-12:00 Silver Shape Up Maria Tellarini	9:30-10:30 Cycle ♦ Emily Bloom	10:30-10:45 Abs Only Stephanie Grimes	10:00-11:00 Kick Box Cross Harley Shin	10:00-11:00 Power Pump Julie Swift	11:15-11:45 Upper Cuts PK
10:30-11:25 Silver Shape Up Madeleine Landon	12:00-1:00 Pilates Mat Stephanie Grimes	9:30-10:30 Step and Sculpt Interval Angie Donaroma	10:45-11:45 Pilates Mat Stephanie Grimes	11:00-12:00 Silver Shape Up Maria Tellarini	10:00-11:00 Cycle Leon Wagner	12:15-1:30 Yoga I/II Janet Simpson
11:30-12:00 Serenity Stretch Madeleine Landon	4:45-5:30 Core Training Madeleine Landon	10:00-10:30 Lengthen & Strengthen Madeleine Landon	11:00-12:00 Silver Shape Up Maria Tellarini	12:00-12:50 Lunch Pump Maria Tellarini	11:00-12:00 Aqua Mary Lawler	4:00-5:15 Vinyasa Yoga Flow II Josie Kramer
11:30-12:45 Yoga I/II Chris Bennet	5:30-6:30 Step Challenge Michelle Mitchell	10:30-11:00 Serenity Stretch Madeleine Landon	4:30-5:30 STANCE STRENGTH AND DANCE Madeleine Landon	12:05-1:20 Viniyoga Yonetta Asin	11:15-11:35 Meditation Janise	
12:10-1:10 Silver Sneakers I Jessica Sackman	5:45-7:00 Yoga Flexibility Evlynn Householder	10:30-11:25 Silver Shape Up Maria Tellarini	5:30-6:30 Step Challenge Michelle Mitchell	12:15-1:15 Cycle Plus PK	11:35-12:40 Yoga I/II Janise	
5:15-6:15 Ballet Fusion Evlynn Householder	6:30-7:30 Power Pump Michelle Mitchell	11:30-12:45 Yoga I/II Raquel	6:00-6:15 Abs Only Sheri Long	1:10-2:10 Silver Sneakers I Anthony Brown no class 12/24	12:50-2:05 Yoga Basics Chris Bennet	
5:30-6:25 Cycle Sheri Long	7:05-8:05 Cycle Plus Glenda Le Flore	12:10-1:10 Silver Sneakers I Anne Thorne	6:15-7:15 Cycle Plus Sheri Long	6:00-7:00 Cycle + Stretch Donna Rojas Stretch is 6:45-7:00 in Studio 2 no class 12/24 and 12/31	4:00-4:30 Beginning La Tin-Va Dance Johnny V.	
6:20-6:35 Abs Only Jesse DiCamillo	7:35-8:35 Afro-Brazilian Beat Brandy Randolph	4:30-5:30 Physical Funk Milo	6:30-7:30 Show Girls Ayanna Contreras	6:30-7:30 NIA Randy Miller no class 12/24 and 12/31	4:30-5:30 La Tin-Va Dance Johnny V.	
6:35-7:30 Cardio Kick Box Jesse DiCamillo		5:45-6:00 Abs Only Johnny V.	6:35-7:30 Power Pump Michelle Mitchell			
6:35-7:35 Cycle Evlynn Householder		6:00-7:00 La Tin-Va Dance Johnny V.	7:35-8:35 Cardio Jam ♦ Stephanie Grimes			
7:00-8:00 Aqua Dianne Barrow		6:30-7:30 Cardio Kick Box Geri Anderson	7:35-8:50 Yoga I/II ♦ Petra Polinkova			
7:30-8:30 Pilates Mat ♦ Adrienne Evatt		6:35-7:35 Cycle Plus ■ P.K.				
7:30-8:30 Belly Dance Selena		7:00-8:00 Aqua Raegan Payne				
		7:00-8:30 Power Yoga Raquel				
		7:35-8:35 Pilates Mat Stephanie Grimes				

Group Fitness Director
Toni Brown

Studio #1
Studio #2

Cycle Studio

♦ New Class, Instructor or Time

■ Sign up required at Reception

(Cycling sign up starts
30 minutes prior to class)

★ Meet at the Park next
to the Club

Please note the scheduled instructor
and/or class may change/cancel
without notice.

CLASS DESCRIPTIONS

The goal of our Group Fitness Program is to provide you with professional instruction, a safe, effective, well balanced and fun workout. We offer a variety of classes that focus on cardiovascular conditioning, strength and flexibility training, and bodymind awareness. Many of our classes are geared for all levels of fitness and some are more appropriate for beginning, intermediate or the advanced exerciser. We encourage you to take a few minutes to read the following class descriptions so that you can get the most out of your workout and remain injury free. Always work out at your appropriate level of intensity/ability regardless of the level of class. Please note a minimum number of participants is required in order for a class to remain on the schedule.

Cardio and Strength

ABS ONLY – This class focuses on exercises that define the abdominal area and strengthen the back to aid in maintaining proper posture. All fitness levels.

AQUA – A water exercise class which includes cardiovascular conditioning and muscle toning. Ideal for all fitness levels, those with back and knee problems and pre/post natal mothers. No swimming skills required.

CARDIO KICK BOX – Experience the power, the energy, the heat in this blistering TKO workout! It's packed with boxing, kickboxing and more. This dynamic workout will make you sweat and burn. Recommended for intermediate to advanced level students.

CORE, STRENGTH AND STABILITY – This class targets the core muscle groups to tone and sculpt the muscles while improving functional strength, total body balance and coordination. Intermediate to advanced.

CORE TRAINING – This class focuses on strengthening the "central zone" or core muscles of the body. Exercises on the Reebok core board and the stability ball are designed to improve balance, stability, coordination and posture. All fitness levels.

CYCLE – An exercise class on a stationary bike. Perfect for all levels of fitness enthusiasts. Our cycling bikes are compatible with 'LOOK' and 'SPD' cycling shoes. Gym shoes can also be worn.

CYCLE INTRO – This introductory class is recommended prior to taking a cycle class. Participants will learn basic indoor cycling fundamentals, correct set up procedures and take a beginning level ride focusing on form and technique.

CYCLE PLUS – A more challenging cycle class! Perfect for intermediate to advanced level students who want an extended cardio workout.

THE GRIND - THE GRIND 2 – A high intensity cycle class that will push you out of your cardio-endurance comfort zone to the next level!!! Beginners to advance are all welcome.

HARD CORE ABS – Focus on firming, toning and defining the abdominal area as well as building core strength and stability in this half hour of power. All levels.

HOOPS, CORE & STRENGTH – Have you Hula Hooped lately? This class utilizes Hula Hoops for a stronger, slimmer, more flexible waist and spine. Hand held weights and rubber tubing are added for strength training, Stability balls and Bosu for core training. This class is challenging but fun! Intermediate to Advanced.

KICK BOX CROSS – Punch, kick and sweat as you change your body with this combination of Boxing, Kickboxing and strength training. All levels.

LOW IMPACT – A workout for members of all fitness levels. This class includes low impact aerobics, as well as body sculpting exercises and a cool-down.

ON THE BALL – Get on the stability ball for an entire body workout. Use weights, bands and bars to help improve muscle endurance and core stability. All fitness levels.

POWER PUMP – Take this class to improve muscular endurance, tone and definition. Bands, body bars, weights, steps and core boards are used to increase the effectiveness and intensity of the workout. All fitness levels.

SILVER SHAPE UP – This class is geared towards the mature, infrequent exerciser. It includes a short, low intensity cardio portion and body sculpting using light weights. A slow stretch completes this workout. Great for beginning students.

SILVER SNEAKERS – Move through a variety of exercises designed to increase muscular strength, range of movement and skills required during activities for daily living (ADLs). Hand-held weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support.

STEP – An intermediate-advanced level class which includes a warm-up, step, and a cool-down.

STEP CHALLENGE – A more challenging class of pure step. Perfect for advanced students wanting an extended cardio workout.

STEP AND SCULPT INTERVAL – This challenging class includes a step workout and a strength component utilizing weights, tubing, Bosu or Stability Balls. You will improve your cardio vascular endurance and muscular strength with this invigorating workout. Intermediate/advanced.

STEP & STABILITY – Join Madeleine for this total body workout that includes half step choreography and half stability moves to improve core muscles. All fitness levels, super sculpt – All the benefits of Power Pump, muscular tone and endurance, combined with easy cardio moves and finishing with a relaxing stretch for a complete and "super" workout. All fitness levels welcome.

THE BOTTOM HALF – Get the legs and buns you have always wanted! This class focuses on toning and strengthening the "bottom half" as well improving core stability using various resistance and core training tools. All levels.

UPPER CUTS – This class is designed to target the upper body and abdominal area. It includes exercises to strengthen and tone the chest, arms, shoulders and back. Focusing on form and technique, it also incorporates exercises to enhance core stability. All levels.

Dance

AFRO-BRAZILIAN BEAT – This high-energy class, blends Afro funky beats and tribal sounds with Brazilian Street Dance and Caribbean/Afro moves. All levels.

BALLET FUSION – Ballet Fusion is a blend of Ballet Bar work, Pilates and Yoga to build strength, alignment and elongation. Through pilates breath, core work and body sculpting, this is a complete and fun work out. All levels.

BAR BLAST – This class borrows from the bar method style workout, blending elements of ballet, pilates and body sculpting to improve posture and flexibility and create a lean, firm AND sculpted body. All levels.

BELLY DANCE – Have fun while you tone and define your muscles with graceful, sensual, and rhythmic movements. The ancient art of Belly Dancing will improve your flexibility and stamina and give you sleek and tight stomach muscles while giving you a great cardio vascular work out!

CARDIO DANCE – This fast paced high intensity workout will make you sweat. Combining interval training to really push your cardiovascular system and creative dance moves to push your mind, by the end of class you will learn a great routine.

CARDIO JAM – A blend of Old School and Hip Hop, with a splash of jazz to spice up your dance workout. This non stop cardio class is geared for fun while you burn calories and sharpen up your dance steps. All fitness levels

GET UP AND GROOVE – Groove to the latest beats in this fresh and funky class featuring the latest street moves straight from your favorite dance video.

PHYSICAL FUNK – This is the "NEW" Old School workout designed for adults who love Funk music and the 80's. It is a basic Dance Fitness class designed for anyone who just wants to have fun, learn to dance, and get an awesome work out! Choreography level is basic, workout level is low impact but intense! You get out of it what you put into it! The music is positive and upbeat!

HIP HOP – You want want to miss this fresh and funky class featuring the latest Hip Hop sounds and street moves straight from your favorite dance video.

LATIN-VA DANCE – This class is an innovative style of aerobics which incorporates Latin-inspired dance steps as the foundation of a fun and exciting cardio workout. Let Johnny be your guide, and coach... as you exercise your mind, body and spirit. Set to lively, Latin-house music, you will be dancing - having fun and sweating like crazy as Johnny uses his unique style of teaching... body cues and hand signals... but no talking! Challenge your body. Challenge your mind. Intermediate to advanced.

SHOW GIRLS – Calling All Divas! Have you ever wanted to be a Show Girl? A little bit naughty, a little bit nice and a lot Diva! Strut Your Stuff – Shake Your Hips. Walk the Walk of a real Vegas Show Girl! Wear light Jazz Shoes (And if you are really a Diva – Bring on the Stiletto!).

STANCE – Strengthen, Stretch and Dancel First work up a sweat and have fun in this cardio dance -based low impact class. Great music, fun and user friendly choreography will keep you movin' and goovin' as you burn calories. Then tone it up with a workout that blends weight training and stretching to create long, lean muscles. Intermediate.

ZUMBA – Zumba combines high energy, motivating music with unique moves and combinations using a fusion of Latin and International music! Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning with easy to follow dance steps.

Mind/Body

LENGTHEN & STRENGTHEN – This unique workout combines Pilates, Yoga and body sculpting exercises. All levels.

SERENITY STRETCH – Relax and increase your flexibility in this static stretch class to help reduce injury, improve performance and relieve stress. All fitness levels.

NIA – NIA is an expressive fitness and awareness movement program offering a holistic approach to health. This class combines the stillness and concentration of Tai Chi, the dynamic poses of Yoga, the explosive power of Martial Arts and the spontaneity of modern and ethnic dance. All fitness levels welcome.

PILATES MAT – This class offers a balancing system that strengthens, lengthens, realigns and defines your body. Pilates focuses on the "power center" of the body; abdominals, back, thighs and hips; enabling the rest of the body to move freely. Recommended for intermediate-advanced levels.

TAI CHI – An ancient Chinese Martial Arts system that will improve your health and provide spiritual, mental and physical well-being. Meet at the Park right next to the Howard Hughes Spectrum. All levels.

YOGA STRENGTH AND FLEXIBILITY – This 30 minute workout compliments indoor cycling as well as all other activities by using movements inspired from Yoga to build strength and increase flexibility. All levels.

YOGA – Hatha yoga is an ancient form of movement promoting balance, flexibility, strength and relaxation through various postures and breathing techniques. All fitness levels.

YOGA BASICS – This class is perfect for students new to Yoga, recuperating from injuries and pre/postnatal women. This traditional Hatha (Hatha meaning physical) Yoga class promotes balance, flexibility, strength and relaxation through various asanas (postures) and breathing techniques, focusing on proper execution of basic Yoga postures. Yoga Basics enables you to establish a solid foundation before moving to Yoga I.

YOGA I provides a safe environment for beginning students to learn correct form and begin a healthy Yoga practice. Basic postures such as sun salutations, standing poses, back and forward bends, and twists are practiced with an emphasis on correct form and technique.

YOGA II increases strength, stamina and flexibility by introducing more advanced postures and holding them longer in a creative, challenging and stimulating environment.

VINYASA YOGA FLOW – This intense, faster paced class provides the Body-Mind benefits of Yoga exercise in a vigorous format to give you an overall conditioning class. Continuous movement linked with breath, generating heat and stamina is emphasized in Vinyasa Flow. Postures are held longer and increased strength and flexibility is developed. Postures can be modified for all levels.

VINIYOGA – Function matters more than form in this safe, nurturing environment emphasizing individual needs even in a large group. Work on strength, flexibility, balance, and relaxation with the goal of connecting the body, breath, and mind. All Levels.

POWER YOGA – This class provides the body-mind benefits of yoga exercise in a vigorous, challenging format. Improve balance, flexibility and strength with more advanced postures. Intermediate-advanced levels.

YOGA FLEXIBILITY – This class blends traditional Yoga postures with flexibility exercises to promote the union of mind and body, relaxation and increased range of motion.

STUDIO ETIQUETTE

Our Studio Etiquette guidelines are designed so all members experience a successful, safe and enjoyable workout. Thank you for your cooperation.

1. Classes are a group activity, we request that you follow the instructor's routine.
2. Please be on time. Entering a class in progress is not recommended.
3. We suggest novice cyclist arrive 5 minutes early for set-up instructions.
4. Be considerate of other members' exercise space. Please do not crowd a member who has arrived in class before you.
5. Keep conversation to a minimum.
6. Please do not enter the studio before the current class has finished.
7. Hand held weights or other exercise apparatus is not permitted during Cycle class.
8. Appropriate exercise attire must be worn.
9. Reserving places is not permitted. For classes designated as Sign Up Classes, you may only sign up for yourself.
10. Gym bags are not permitted in the studio.
11. Water must be in an enclosed, unbreakable container. Food is not permitted.
12. The use of cell phones for talking and texting are not permitted in class. Please turn off all phones or keep in silent mode.
13. We recommend the use of a towel.
14. Members may not use stereo equipment.
15. Please remember personal hygiene and refrain from wearing strong perfume/cologne.
16. We request all equipment be returned to the proper storage area.
17. The use of personal stereos, headsets, etc. is not permitted during class.

Club Hours

Monday-Friday: 5:00 A.M.-10:00 P.M.

Saturday: 7:00 A.M.-8:00 P.M.

Sunday: 7:00 A.M.-7:00 P.M.

Kids Club Hours

Monday-Friday: 8:30 A.M.-1:30 P.M.

Monday-Thursday: 4:30 P.M.-8:30 P.M.

Saturday: 8:00 A.M.-1:00 P.M.

Sunday: 8:30 A.M.-1:00 P.M.

Reservations: (310) 216-3051



SPECTRUM
ATHLETIC CLUBS

Howard Hughes Center

6833 Park Terrace, Los Angeles, CA 90045

(310) 216-3060